Creator of all,
you who made us, and loves us,
and all that you have made.
By the power of your Holy Spirit,
strengthen us to bear witness
to the good news of your son,
Jesus Christ, with hope, peace,
love, and joy. Amen.



Opening Prayer

The Story of
the People
of God
ORDINARY TIME
JUN. JUL. AUG. SEP. OCT. NOV.

THE GOOD/BEAUTIFUL YOU

You Have a ***Soul*** and a ***Sacred Body***

You Are ***Desired*** and ***Loved***

You Are ***Made for God***

You Are ***Forgiven,*** Have Been
Made ***Alive,*** and Are ***Holy***

You Have a ***Sacred Story,***
You Are ***Called,*** and
You Will Be ***Glorified***



James Bryan Smith

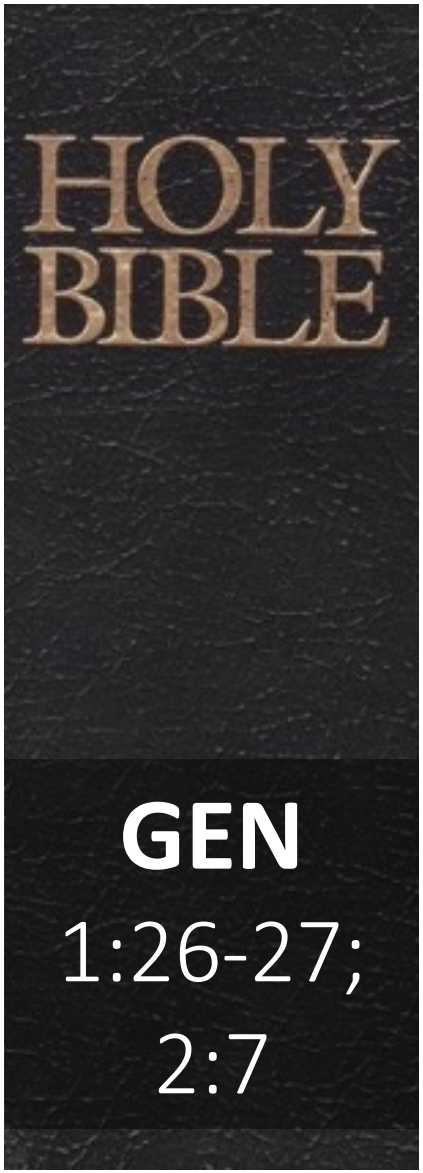
The Good and Beautiful

YOU

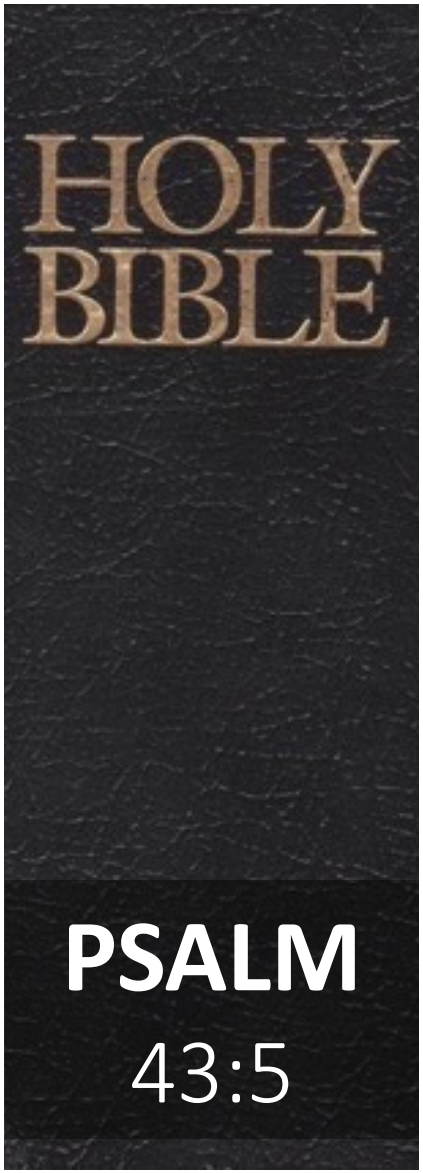
DISCOVERING THE PERSON
JESUS CREATED YOU TO BE

Then God said, 'Let us make humankind in our image, according to our likeness… So, God created humankind in his image, in the image of God, he created them; male and female, he created them.

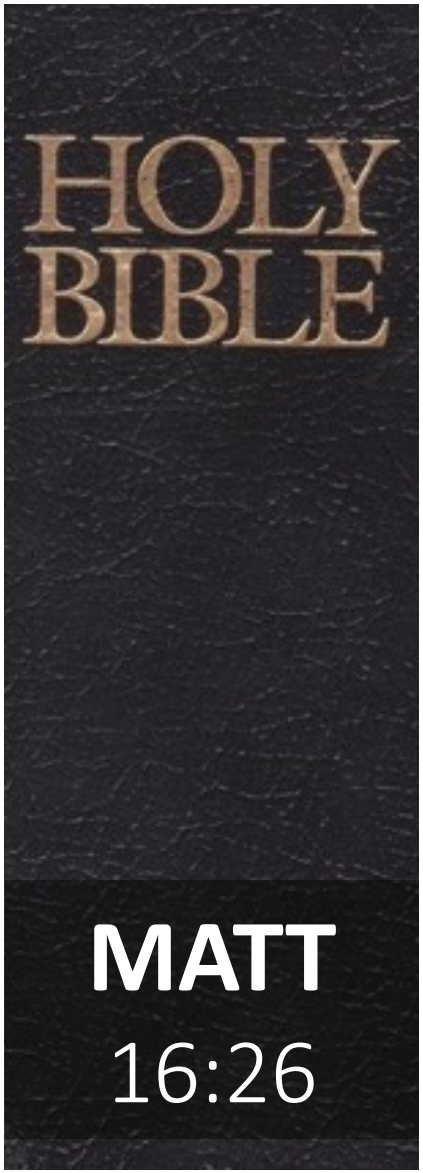
…then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.



Why so cast down, O my soul,
and why so disquieted within me?
Put your hope in God;
for I shall again praise him,
my savior, and my God.



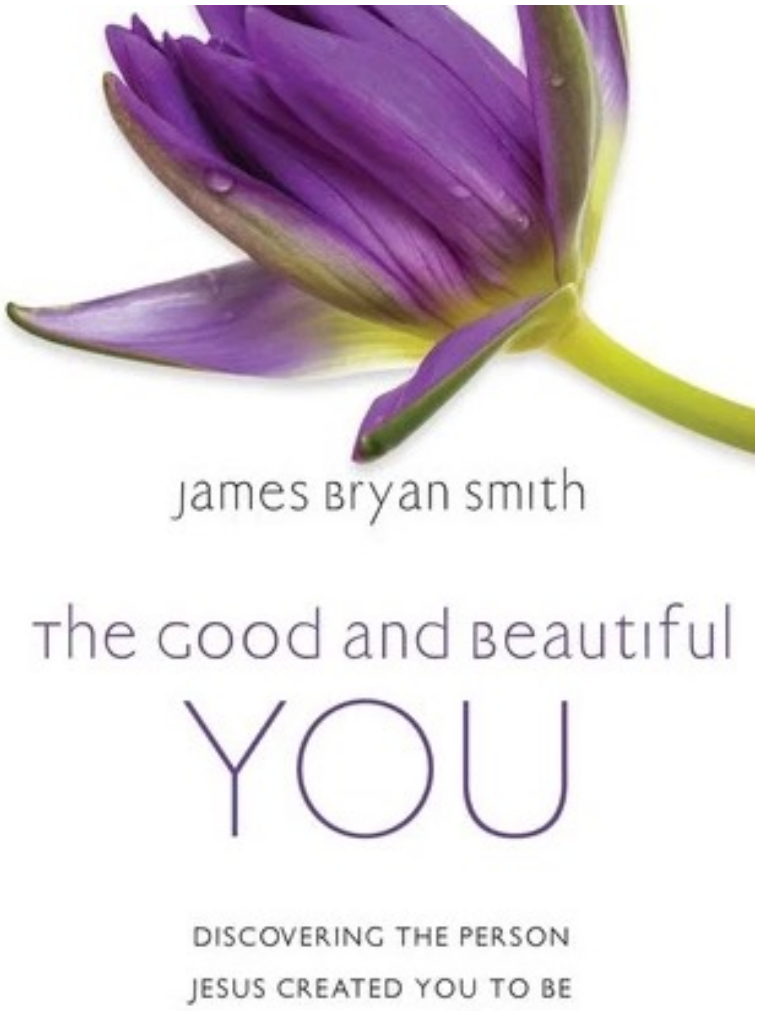
For what is a man profited,
if he shall gain the world,
and lose his own soul?



FALSE NARRATIVE

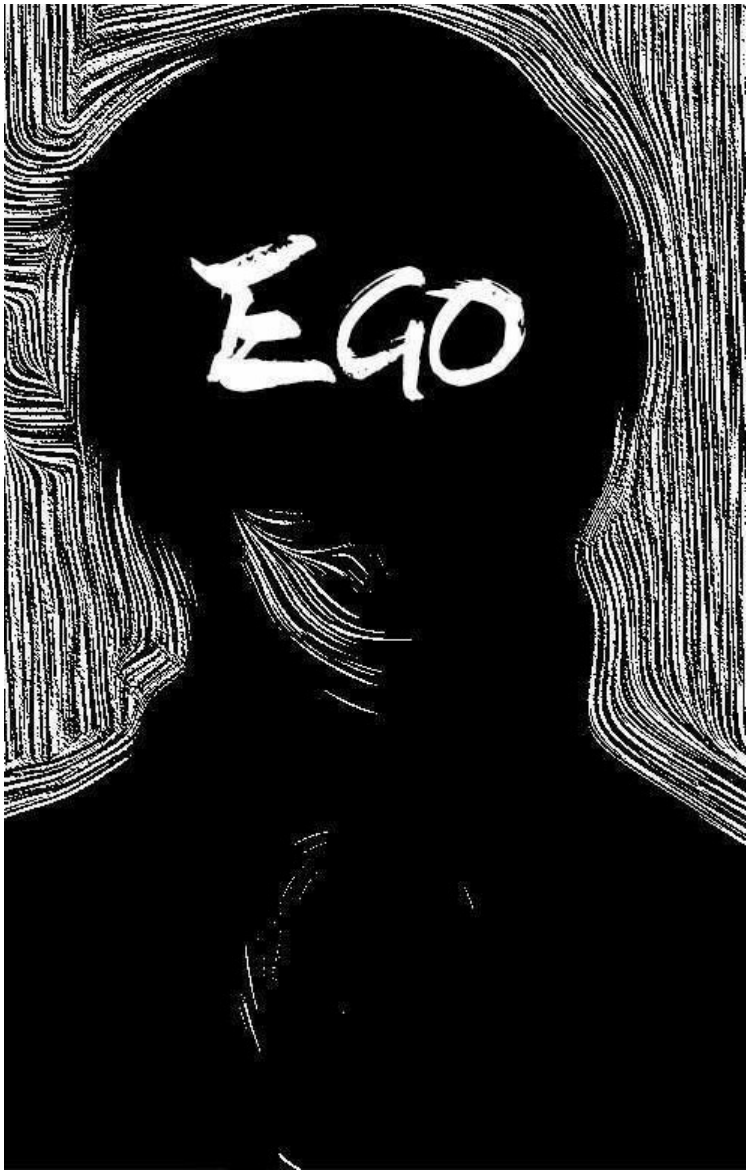
You are a self:

- Accidental
- Isolated individual
- Primarily seek survival
- Self-reliant
- Thrives on money/sex/power/ notoriety/looks/entertainment



THE EGO

Temporary, sense of self; typically driven by fear, survival, a sense of lack, the need for external validation; anxious about the past and future; judgmental, defensive, seeks superiority or to be the constant victim



The self consists of the accumulated ideas/images it has of itself, and the ideas/images it wants to project to others in order to find acceptance and affirmation. In short, *the **self** is too small to bear the weight of who we really are.* Only the soul can do that…

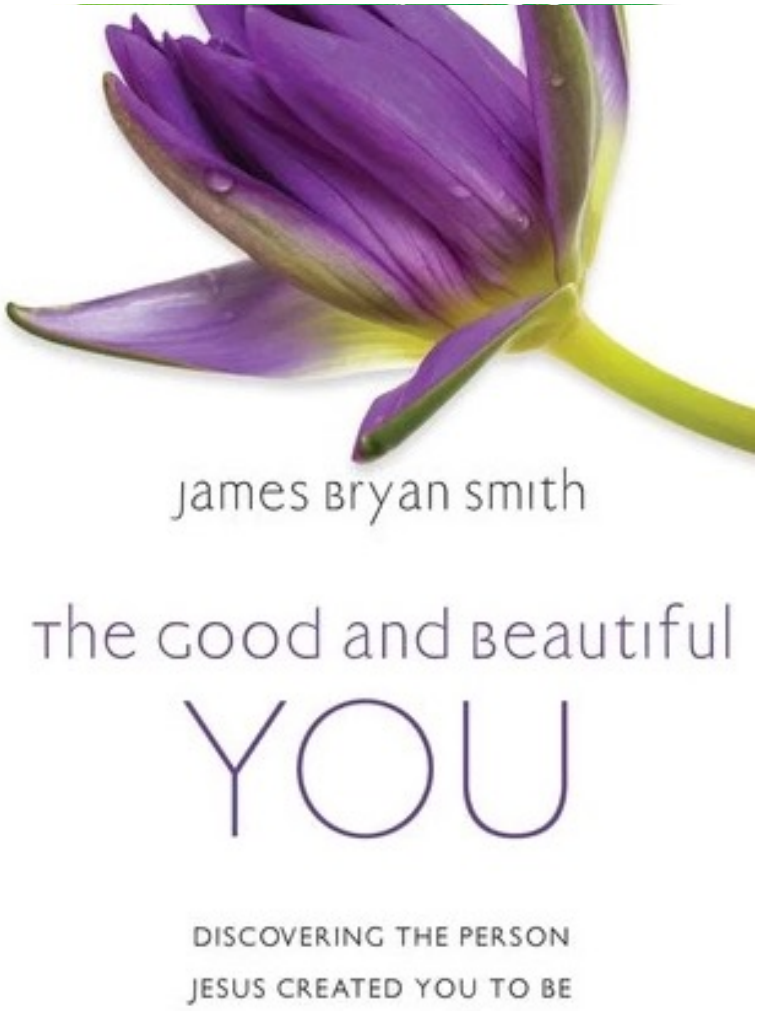


FALSE NARRATIVE

You are a self

TRUE NARRATIVE

You have a soul



THE SOUL

Animates your life, the wellspring of your spiritual emergence from birth to death; a non-physical substance that is still quite real; core essence; essential self; driven by love, connectedness, authenticity; grounded in the present moment; non-judgment, gratitude, joy



The soul is the hidden, non-physical, and distinct substance that acts as the central coordinator and integrating principle of the entire human person, binding together the mind, will, body, and social context into a single life.



SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies		

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	I am a sacred part of Christ's body

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	I am a sacred part of Christ's body
Feeling Unwanted	To be wanted and desired	I am wanted

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	I am a sacred part of Christ's body
Feeling Unwanted	To be wanted and desired	I am wanted
Shame	To be loved without condition	I am loved

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	I am a sacred part of Christ's body
Feeling Unwanted	To be wanted and desired	I am wanted
Shame	To be loved without condition	I am loved
Disconnection with God	The be ultimately connected to God	I am connected to God

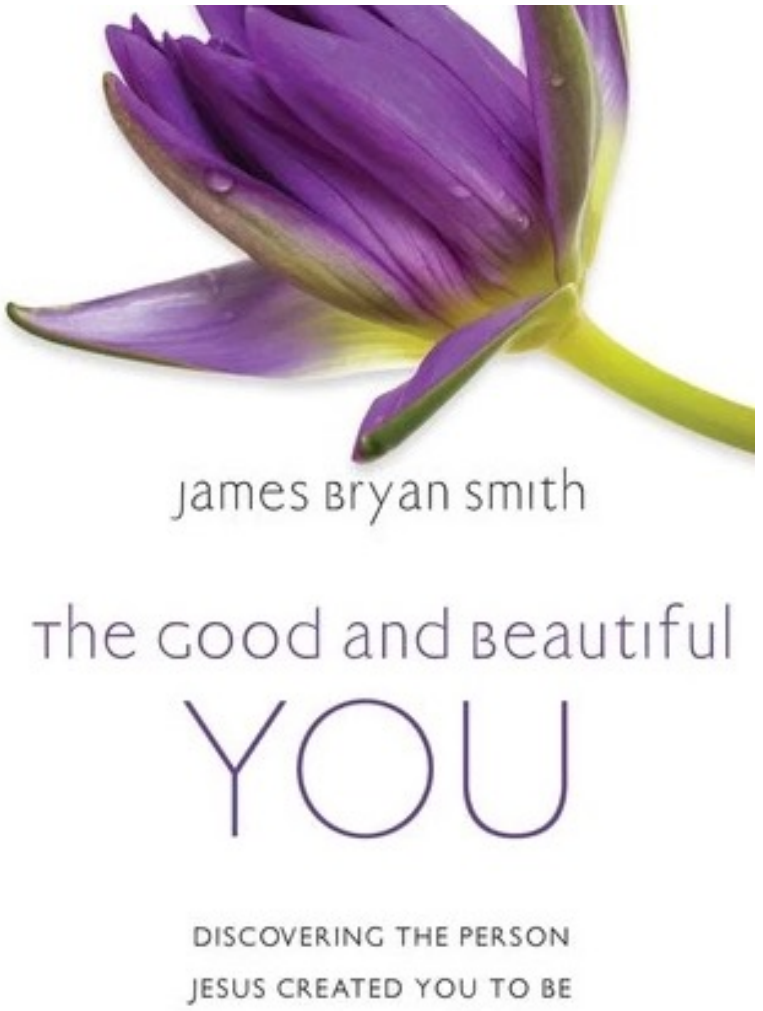
SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Harm to our bodies	To see my body as sacred	I am a sacred part of Christ's body
Feeling Unwanted	To be wanted and desired	I am wanted
Shame	To be loved without condition	I am loved
Disconnection with God	The be ultimately connected to God	I am connected to God
Guilt	Eternal Forgiveness	I am forgiven

SOUL CAN'T TAKE	SOUL'S LONGING	***AND IN CHRIST***
Boredom and/or Purposelessness	To be made alive and part of…more	I am alive and empowered
Sin and it's effects	To be holy and virtuous	I am holy
Being victimized by others	To own my own story	I am the owner of my story
Meaninglessness	To be called to a life of purpose	I am called
Non-existence	Eternal glorification	Hidden/glorified

SOUL TRAINING EXERCISE

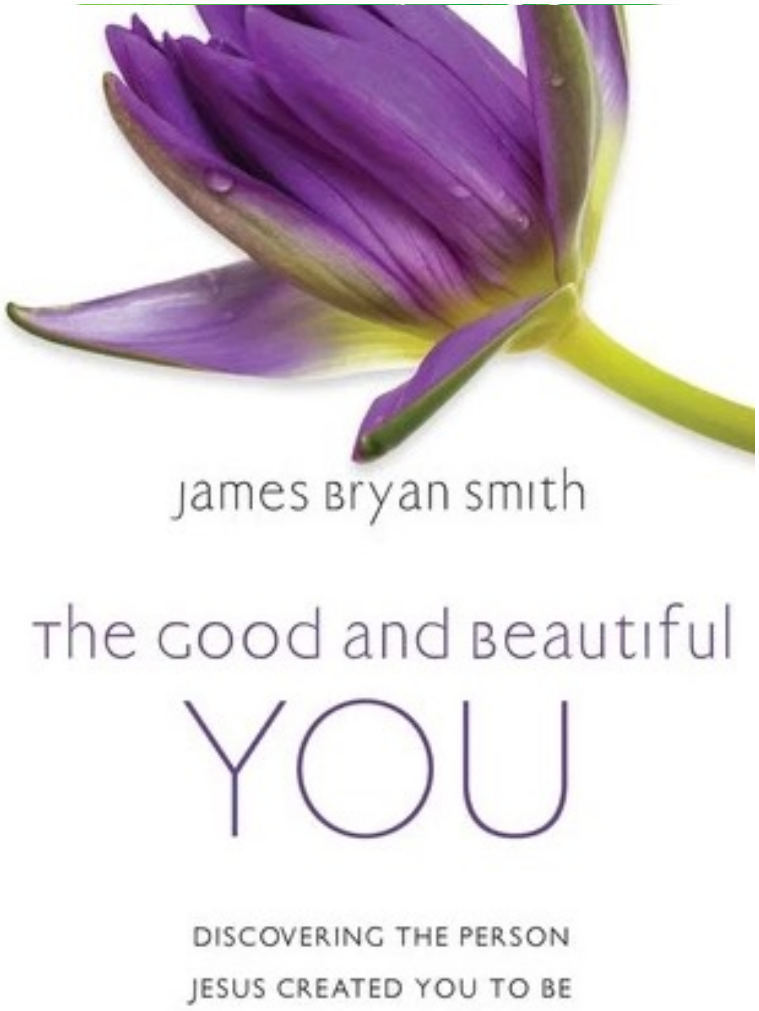
Holy Leisure

- Identify/set aside time
- Find a comfortable place to be still, sitting or lying down
- Start w/5-10min of doing absolutely nothing productive
- Just BE; don't DO



FALSE NARRATIVE

My body has nothing to do with my spiritual life:

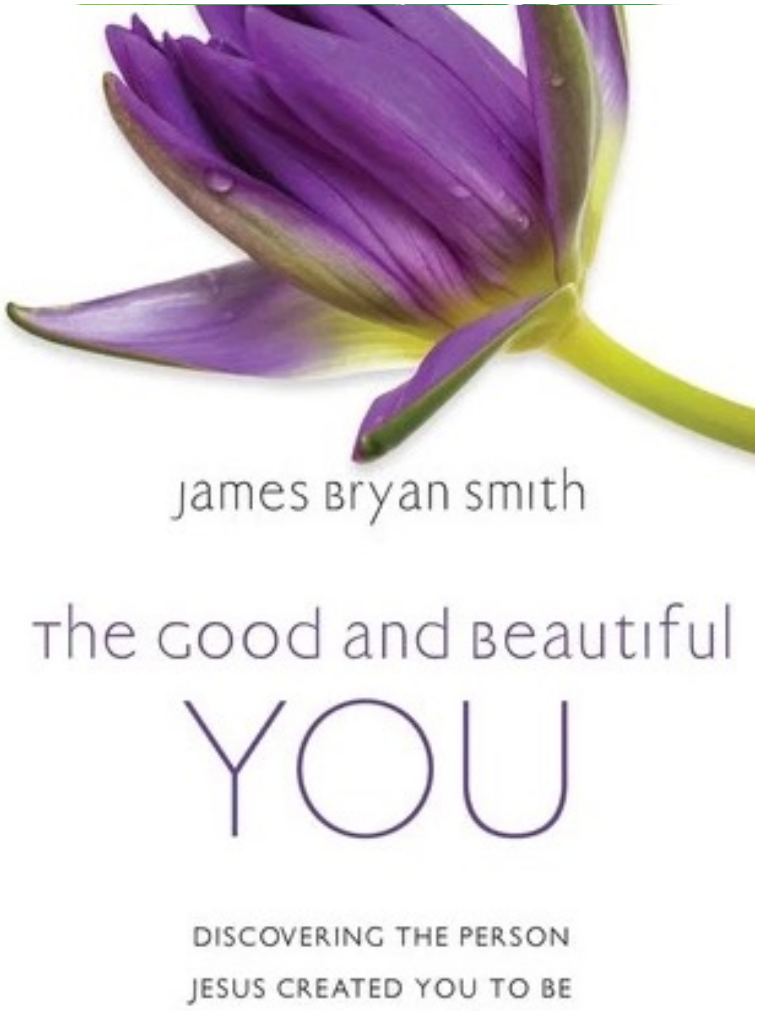


FALSE NARRATIVE

My body has nothing to do with my spiritual life:

- Soul = spirit = good
- Body = flesh = bad

Platonic Dualism



Plato

Dualism

↓

Aristotle

"Natural Enslavability"

↓

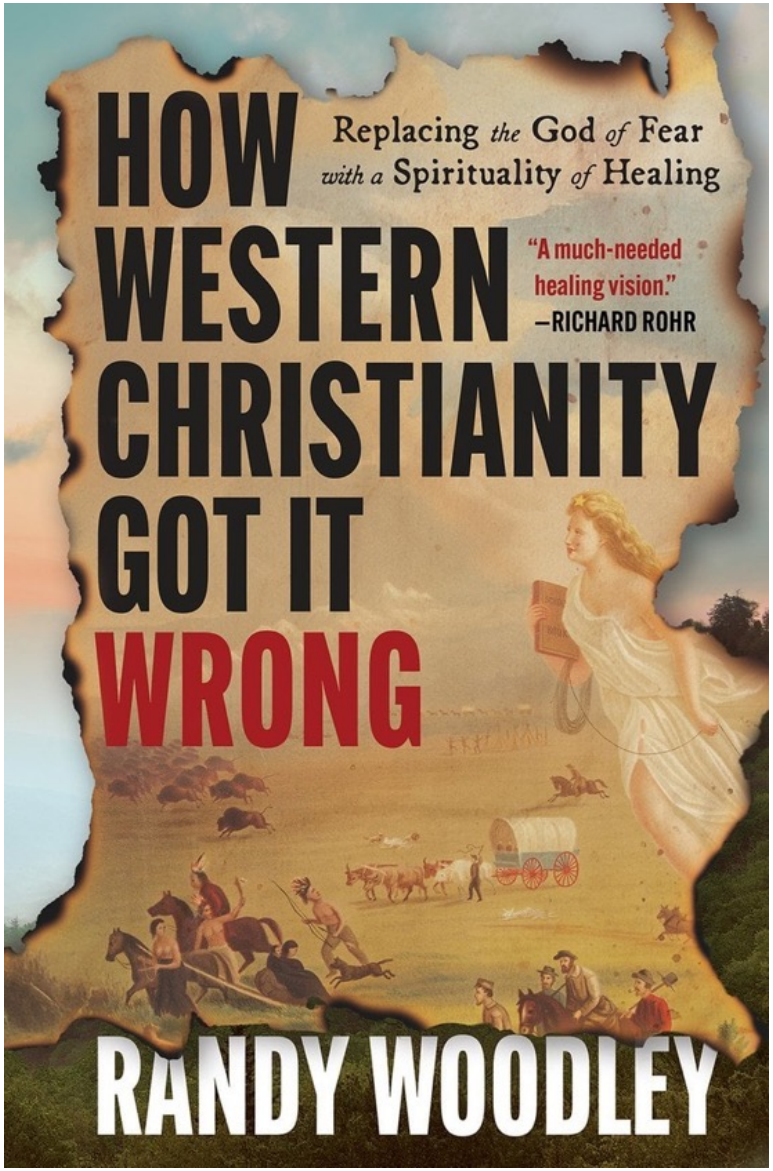
Sepulveda

Enslavement in West Indies

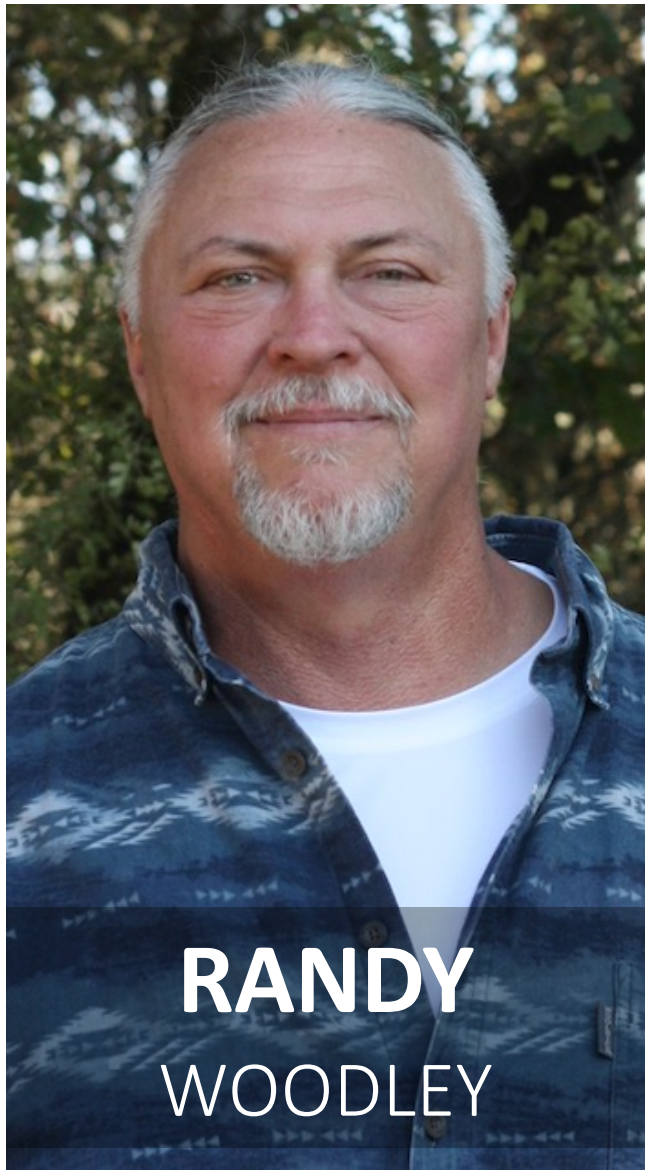
↓

Scientific Racism

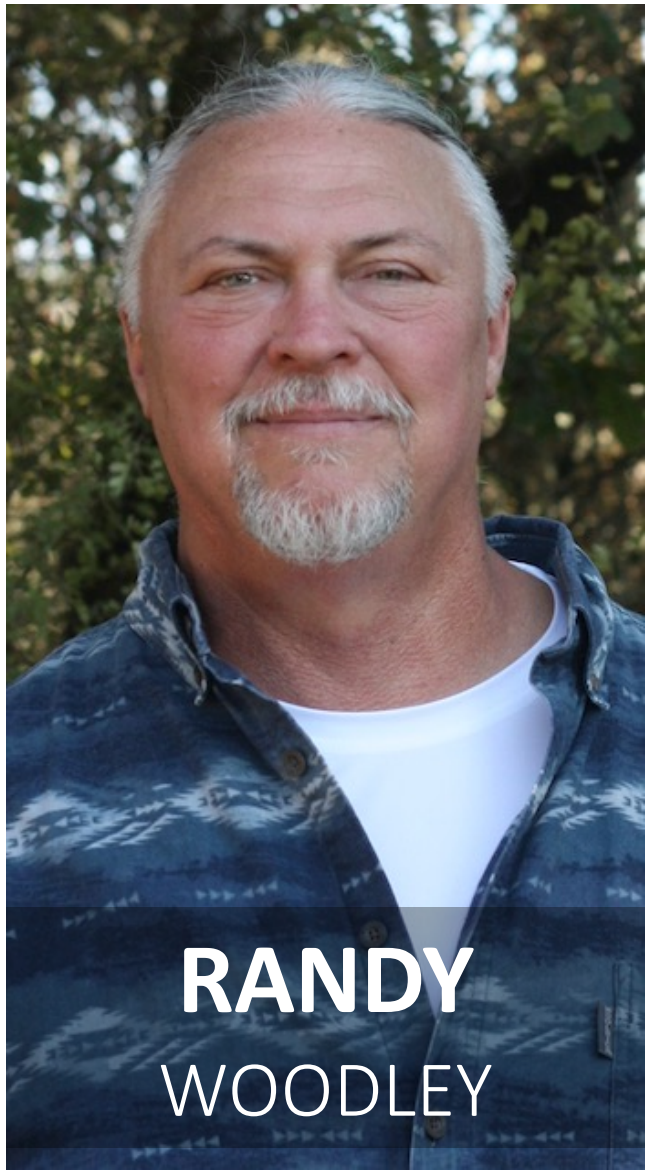
Eugenics + White Supremacy



Platonic dualism…fosters a culture of binary thinking and false categorizations…viewing the world in black and white terms, neglecting to make room for the complexity and interconnectedness of a holistic reality. This reductionist perspective has hindered people's ability to appreciate nuance, diversity, compromise, and the inherent…



…interlocking relationships between different aspects of life. As a result, judgments are almost always made from a binary place of right or wrong, good or evil, our side or their side, without consideration of complex factors and extenuating circumstances.

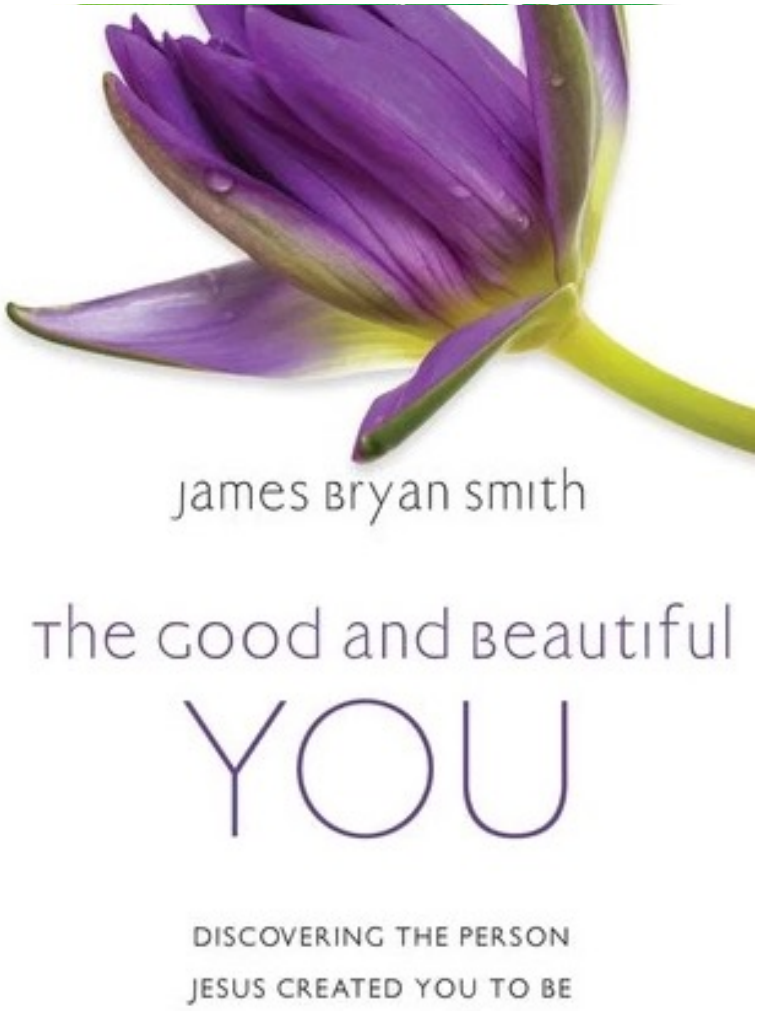


FALSE NARRATIVE

My body has nothing to do with my spiritual life

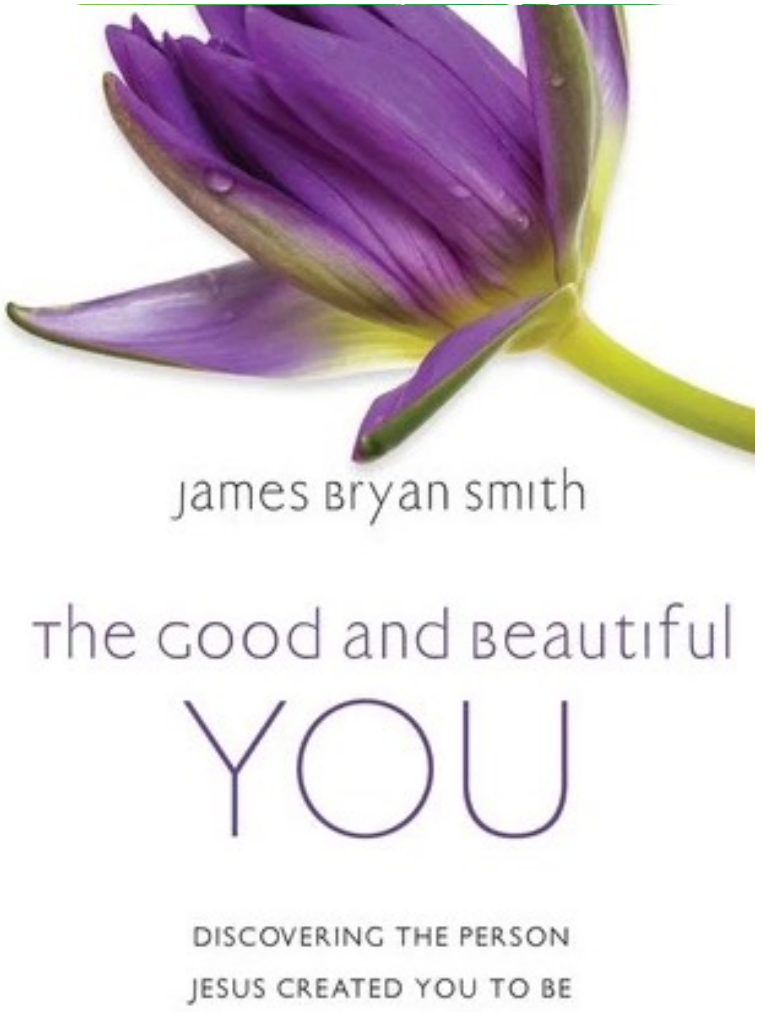
TRUE NARRATIVE

I have a sacred body



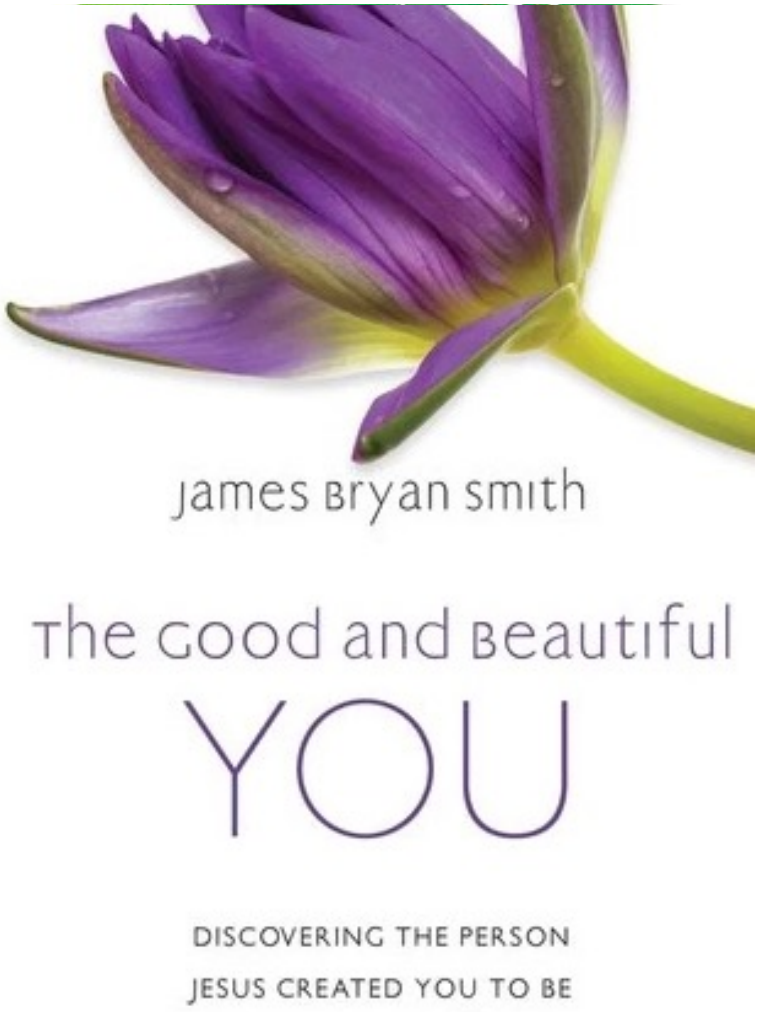
BODY AND SOUL

We are embodied souls;
    We are ensouled bodies
The soul is in the body;
    The body is in the soul
We do not *have* souls,
    We *are* souls
We do not *have* bodies,
    We *are* bodies
And they are united



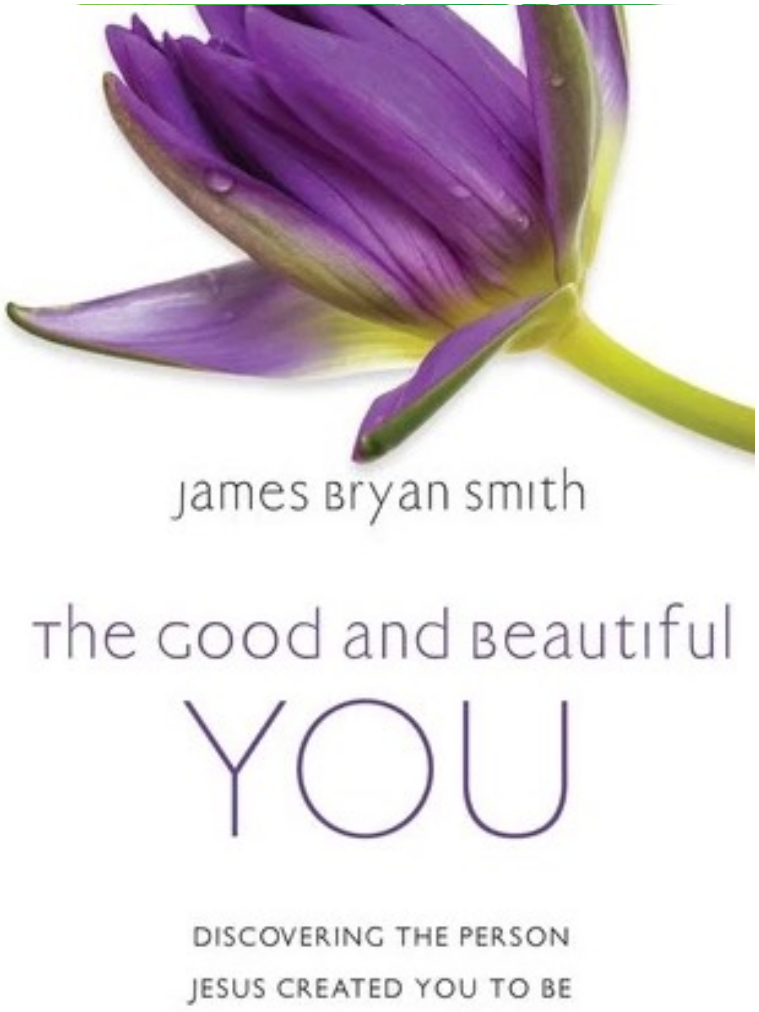
SIGNS of SACRED BODIES

1. Creation ***Gen 1:31***



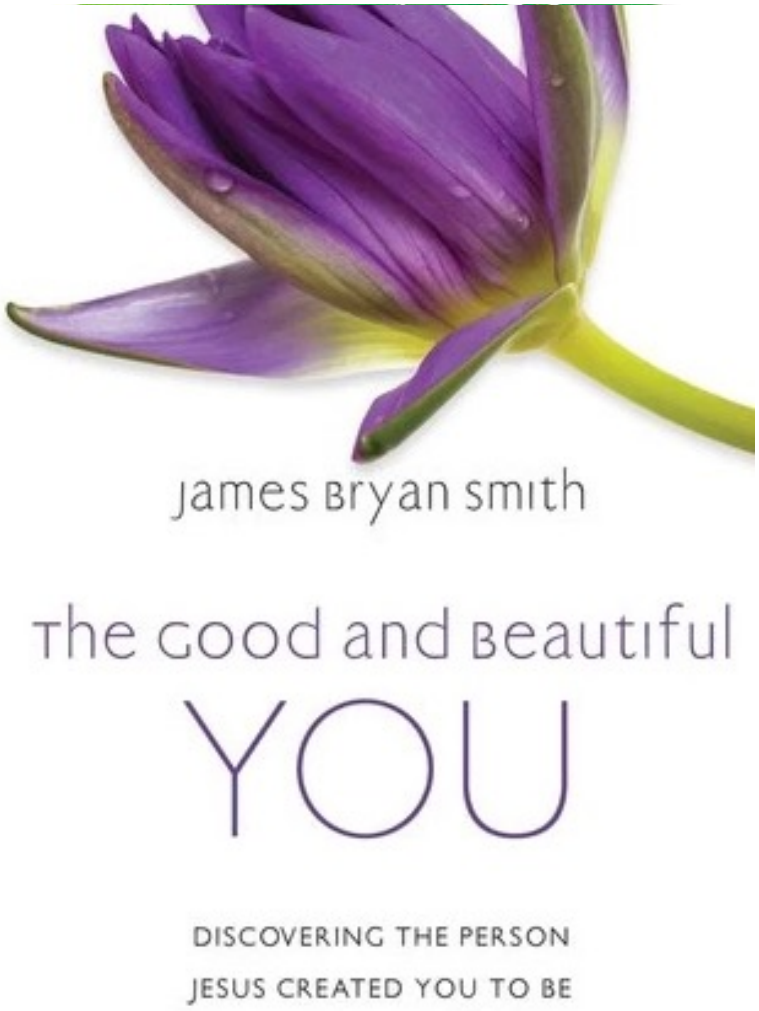
SIGNS of SACRED BODIES

1. Creation ***Gen 1:31***
2. Incarnation ***Luke 2***



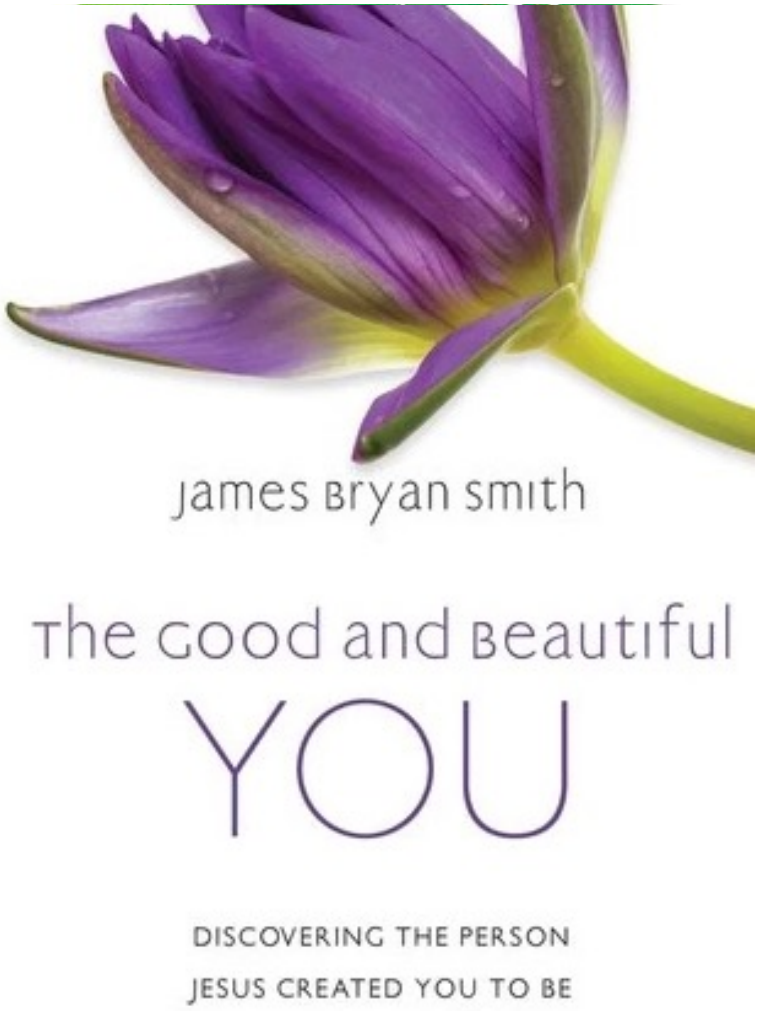
SIGNS of SACRED BODIES

1. Creation ***Gen 1:31***
2. Incarnation ***Luke 2***
3. Church ***Rom 12:5***



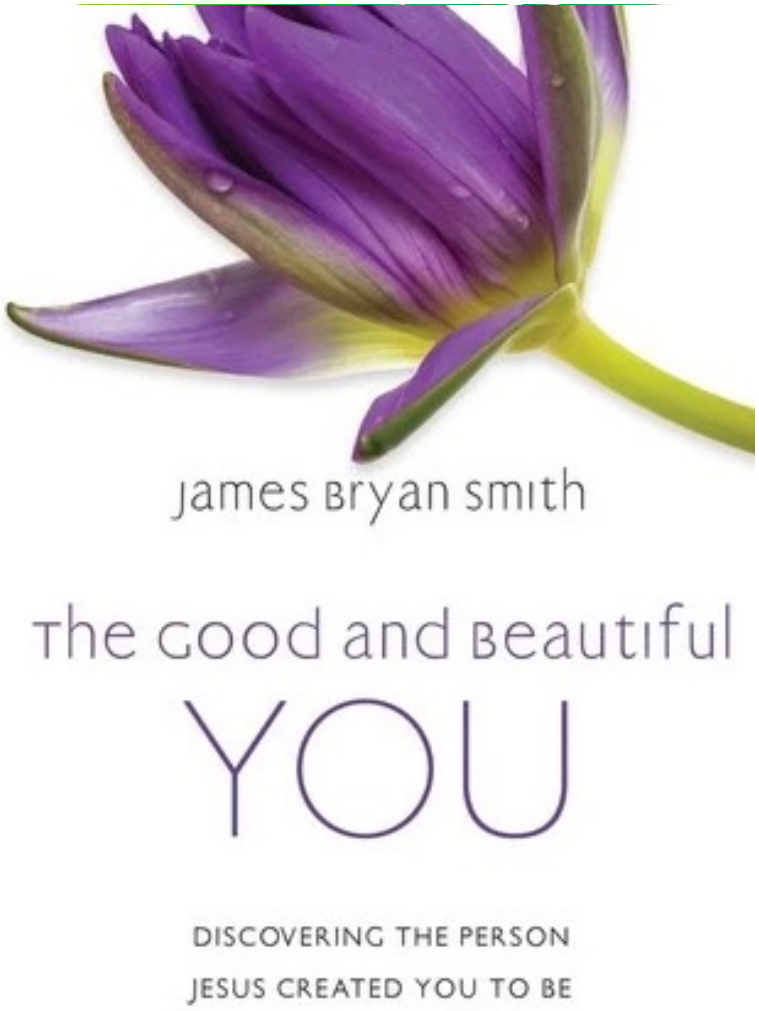
SIGNS of SACRED BODIES

1. Creation ***Gen 1:31***
2. Incarnation ***Luke 2***
3. Church ***Rom 12:5***
4. Eucharist ***Luke 22:19-20***



SIGNS of SACRED BODIES

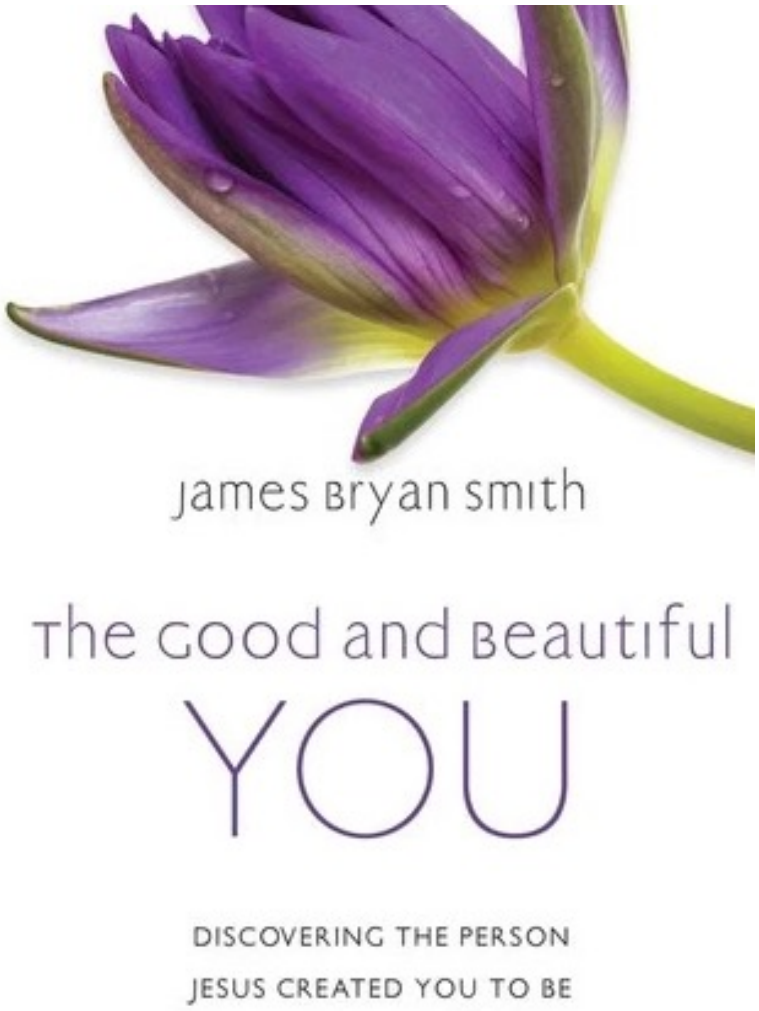
1. Creation *Gen 1:31*
2. Incarnation *Luke 2*
3. Church *Rom 12:5*
4. Eucharist *Luke 22:19-20*
5. Glorification *1 Cor 15:53-54*



SOUL TRAINING EXERCISE

Move (if/as you can) or Meditate

- Biking/yoga/walking; focus on gratitude for arms/feet/legs
- Move/meditate outside
- Combine movement w/prayer
- Appreciation of the body + awareness of the body + awareness of God



O God, you who made all things,
yet knows each of us by name:
your love is beyond our comprehension.
Thank you for these bodies, and the
breath of life you have given us.
May our souls grow in the grace
of your son, by the power of your Spirit.
Amen.



Closing Prayer